

## Post Shorts

### Recycling schedule



The recycling scheduled pickup for Wednesday, May 19, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### Collect Striker toys during Bowling for Bucks

The APG Bowling Center will offer Bowling for Bucks, May 15 through July 15.

This popular series allows customers to purchase bowling bucks to buy prizes at an auction party at the end of the two-month promotion.

For more information, visit [www.apgmwr.com](http://www.apgmwr.com).

### Chapel hosts quartet

The Oak Grove Quartet will perform in concert 6 p.m., May 16, at the Aberdeen Area Post Chapel.

Admission is free and refreshments will be served following the performance. For more information, call 410-278-4333.

### Orientation for newcomers

The Aberdeen Proving Ground Community Information Forum will be held 1 to 3 p.m., May 19, at the Aberdeen Area Recreation Center, building 3326.

All military and civilian personnel, retirees and their family members are invited to attend.

More than 60 representatives of support agencies/organizations will be present to discuss the latest and greatest information on their activities. Giveaways will be available and door prizes awarded.

For more information, call Godofredo Posadas, Relocation Readiness program manager, Army Community Service, 410-278-2453/7474.

### Asian Pacific American Heritage luncheon planned

The U.S. Army Developmental Test Command will sponsor the annual Asian Pacific American Heritage Month Program, 11:30 a.m. to 1 p.m., May 18 at the APG Recreation Center.

The guest speaker will be U.S. Congresswoman Madeleine Z. Bordallo from Guam.

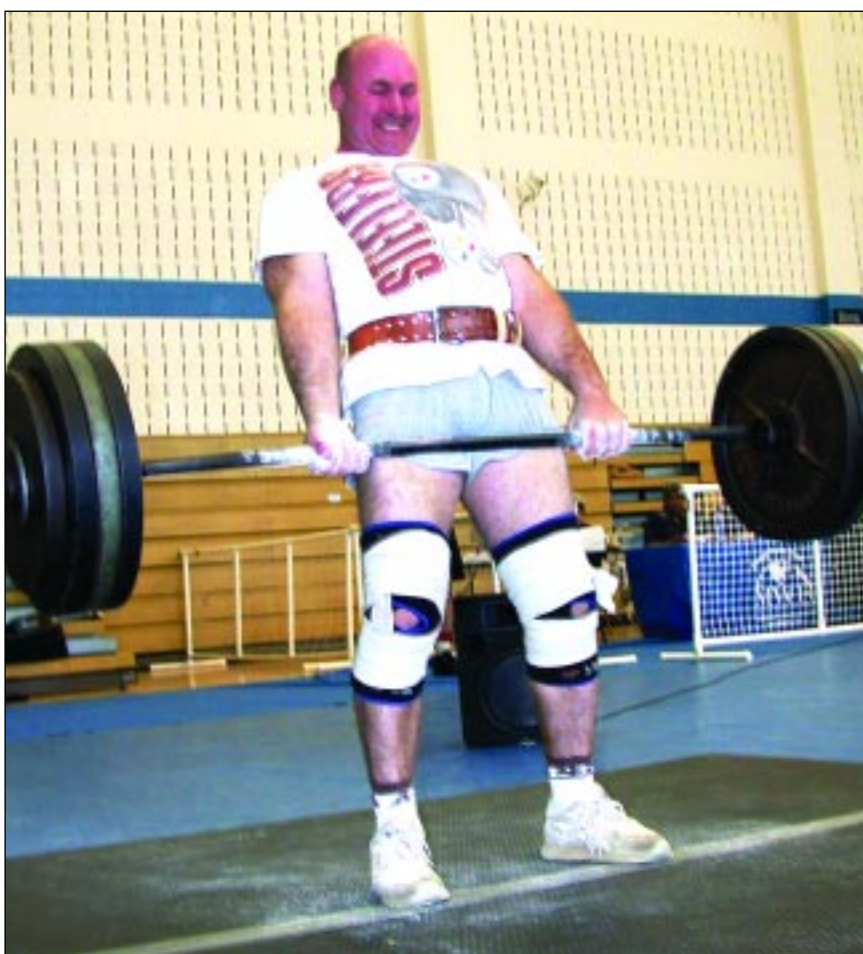
The free program will include a display of Asian and Pacific cultural items and food sampling. The event is open to everyone.

For more information, call Sgt. 1st Class Duffie

See SHORTS, page 6



Michael Bennett, a command sergeant major from Fort Lee, Va., and former first sergeant with the Edgewood Area's 143rd Ordnance Battalion, makes dead lifting 585 pounds look easy.



Photos by YVONNE JOHNSON

## The bigger they are ...

## AER campaign continues through May

Marge Fissel  
AER

This year's Aberdeen Proving Ground Army Emergency Relief campaign goal is \$40,000, far less than what is loaned or given annually. Contributions can be made by allotment, check or cash. The ongoing campaign continues through May 27.

Army Emergency Relief at APG has provided more than \$216,000 in emergency financial assistance to Soldiers, active and retired, and their dependents, U.S. Army Reserve and Army National Guard Soldiers on continuous active duty for more than 30 days and their dependents, and surviving spouses and orphans of deceased Soldiers. AER also provided financial assistance to other branches of the military through their relief agencies.

The majority of AER financial assistance is provided in the form of interest-free loans.

Under extreme circumstances, assistance may be given as a grant. Most requests for assistance are for help with emergency travel, vehicle repairs, initial rent and deposit, food, rent and utilities. Each AER request is personal and is considered on its own merit. Any emergency must have originated from other than the soldiers own actions.

AER administrative expenses (including fund raising expenses) cost only 3 cents per each dollar contributed. Ninety-seven cents from every dollar contributed is used to help Soldiers. AER receives no money from the government.

Funds come from contributions from active-duty and retired military, voluntary donations from civilians, repayment of AER loans and investment income. Since 1942, AER has helped more than 2.9 million Soldiers and their families worldwide with more than \$870 million.

See AER, page 3

## Harford veterans muster at Harford Mall Saturday

Story by Yvonne Johnson  
APG News

The Harford County Commission on Veterans Affairs will sponsor a Veterans Muster 11 a.m. to 4 p.m., May 15 at Harford Mall.

The event will feature military musical performances, drill team exhibitions and static displays from 24 organizations.

This event is free and open to the public. Its focus is to acquaint the public with military service organizations programs and goals said Veterans Commission chairman Joe Brooks.

"The entire community is invited to participate in what should be a patriotic and informative day for all involved," Brooks said.

"This is a chance to learn what veterans' organizations are all about and to perhaps join up with one if you're a veteran looking to make a difference," he said. "An event like this is way overdue. If

this is well received by the community, we will try to make it an annual event."

For more information, contact Brooks at 410-836-7656.

### Scheduled events

10:50 a.m. Musical prelude, 389th Army Band (AMC's Own)

11 a.m. Welcome/introductions, Veterans Commission chairman Joe Brooks

11:10 a.m. Posting of colors by Korean War Veterans Association Chapter 33, Vietnam Veterans of America Chapter 588, Harford American Legion Post 39, and the Aberdeen Proving Ground U.S. Marine Corps Detachment

11:30 a.m. Pledge of Allegiance, Wanda Story, Women's Army Corps Veterans Association Chapter 114

11:35 a.m. National Anthem, Christina Carr

11:40 a.m. Introduction of

speaker by Jim McMahon

11:45 a.m. Speaker Col. Mardi U. Mark, APG Garrison and deputy installation commander

11:55 a.m. POW ceremony, Vietnam Veterans of America Chapter 588

12:05 p.m. Young Marines Drill Team

12:15 p.m. History of military music/musical selections, 389th Army Band (AMC's Own)

12:25 p.m. History and demonstration of Jody Calls, U.S. Air Force Detachment 1, 361st TRS and U.S. Marine Corps Detachment, APG

1 p.m. Static displays, Harford County veteran organizations

3 p.m. Musical selections, John Carroll High School Band

4 p.m. Retire the colors, Harford American Legion Post 39

## National Police Officers Week and Memorial Day observed

Story and photo by Meghan Bowen  
APG News

National Police Officers Week and Memorial Day was recognized in a proclamation signed by Maj. Gen. John C. Doesburg, commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command, May 5 at RDE-COM headquarters.

Col. Mardi U. Mark, APG Garrison and deputy installation commander, Robert Krauer, APG provost marshal, and Kenneth Masoner, deputy provost marshal of the Directorate of Law Enforcement and Security, Officer George Martin, president of the Fraternal Order of Police, as well as Joseph Darabasz, chief, Police Services Division, witnessed the proclamation signing, which designates all citizens of APG to recognize May 15 as Peace Officers Day.

"I call upon all of Aberdeen Proving Ground to observe...Peace Officers Memorial Day in honor of those law enforcement officers

who, through their courageous deeds, have made the ultimate sacrifice in service to their community or have become disabled in the performance of duty, and let us recognize and pay respect to the survivors of our fallen heroes," stated the proclamation signed by Doesburg.

Doesburg offered a suggestion about how the APG community could support its police officers.

"When you come [through] the gates this week, just say thanks to the officers for what they do by protecting us everyday," Doesburg said.

In 2003, 137 police officers were killed in the line of duty and as of today that number has risen to 160, Martin said.

Peace Officer Memorial Day was created on Oct. 1, 1962, in the first signed proclamation by then President John F. Kennedy.

The original proclamation required by law that the U.S. flag be displayed at half-staff to observe both the National Police Officer's Week and Memorial Day on May 15.

See POLICE, page 11



Officer George Martin, right, president of the Fraternal Order of Police, shakes hands with Maj. Gen. John C. Doesburg, commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command, after presenting an FOP mug to him to commemorate Police Officers Week.

## ISSUE HIGHLIGHTS

### Page 2

APG retires nine

### Page 3

Building demolished

### Page 5

Community Notes

### Page 6

MWR

### Page 10-11

Sports

### Page 12

Health



# APG retires nine in April ceremony

**Yvonne Johnson**  
*APG News*

The Aberdeen Proving Ground Garrison led a farewell to nine personnel from five organizations during the monthly retirement ceremony held April 28 at Top of the Bay.

Sgt. 1st Class John H. Keeler, U.S. Army Ordnance Center and Schools, led the list of retirees who totaled more 223 years of service.

The other retirees included Dr. E. William Sarver, U.S. Army Research, Development and Engineering Command; Sandra M. Wachter, Directorate of Safety, Health and Environment; Eugene P. Petrowski, Motoko E. Stahl, Robert M. Stewart, and Lester A. Butler, Directorate of Installation Operations; and Beverly Lennox, and Juanita C. Napenas, Kirk U.S. Army Health Clinic.

Col. Mardi U. Mark, APG Garrison and deputy installation commander, led the ceremony, thanking each for “their time, energy and talents to help make today’s Army the best in the world and to keep our nation secure.”

“I congratulate and thank each of you for the years of loyal service you have given to your organizations and to the Army,” Mark said, adding her thanks to the retiree’s family members.

“Without their support over these years, your individual successes would have been much more difficult to achieve,” she said.

**Sgt. 1st Class John H. Keeter**

Keeter retires after 20 years of service. He served as the Track Branch Noncommissioned Officer in Charge with the Advanced Automotive and Recovery Department.

Keeter said he plans to continue his education, enjoy life, and work for the Ford Motor Company in Massachusetts as a technical trainer.

Keeter thanked his mentor, Chief Warrant Officer 3 Kirk Schultz, and his parents, who traveled from North Carolina, his brother and sister-in-law, Command Sgt. Maj. Arter Keeter, and Sgt. 1st Class Susan Keeter from Fort Meade, and his many friends in attendance.

“This feels good,” Teeter said. “I loved the Army but now I look forward to moving out into a new world.”

Keeter was awarded the Meritorious Service Medal, the Department of the Army Certificates of retirement and appreciation; and the Presidential Certificate of Appreciation. His wife Cherie Keeter was awarded the DA Certificate of Appreciation.

**Dr. E. William Sarver**

Sarver retires with 37 years of service. He spent his career providing protective measures against chemical weapons, the recovery of contaminated facilities, the disposal of chemical weapons and developing databases for limiting the proliferation of chemical and toxic weapons.

Sarver served as a member of the U.S. delegation that negotiated the implementation procedures for verification of chemical weapons convention. He chaired NATO panels and has written numerous articles on the subject. Sarver said his most important contribution was the transition of the chemical biological mass spectrometer from research to development. He was awarded the DA certificates of retirement and appreciation signed by Maj. Gen. John C. Doesburg, commander of RDECOOM. His wife, Judith Ann received the APG Certificate of Appreciation.

**Juanita C. Napenas**

A native of the Philippines, Napenas began working for the U.S. government at the Post Exchange in Frankfurt, Germany, in 1981. After becoming a naturalized citizen in 1984, she worked as a check control officer for the Frankfurt military community. From 1990 to March 2004, Napenas serves as a technician for the Medical Expense Personnel Reporting System at KUSAHC. She retired March 31 with 18 years of service.

She said her plans for retirement include spending more time with here eight grandchildren.

Joined by her husband, Alvarado Napenas, she received the DA Achievement Medal for Civilian Service signed by Lt. Col. John M. Wempke, KUSAHC commander; and the DA certificates of retirement and appreciation. Her husband Abe received the APG Certificate of Appreciation.

**Eugene P. Petrowski**

Petrowski retired from APG Garrison’s DIO as a production service machine mechanic. He served in the Army six years, from 1964 to 1970 as a military police officer. With one tour in Korea, and two tours in Vietnam, he earned the Bronze Star Medal and the Purple Heart.

Petrowski began his civil service career in 1979 as a locksmith with APG’s Facilities Engineering Directorate. He finish-



Photo by RALPH BROTH

*After receiving awards and certificates, retirees and their spouses who were honored during the Aberdeen Proving Ground Retirement Ceremony April 28 at Top of the Bay listen to remarks by the program’s host, Col. Mardi U. Mark, APG Garrison and deputy installation commander. From left, front row, Sgt. 1st Class John H. Keeter, OC&S, and his wife Cheri; Dr. E. William Sarver, U.S. Army Research, Development and Engineering Command, and his wife, Judith Ann; Eugene E. Petrowski, Directorate of Installation Operations, and his wife, Kathi; Sandra M. Wachter, Directorate of Safety, Health and Environment; Back row, from left, Beverly M. Lennox, Kirk U.S. Army Health Clinic; Motoko “Mike” E. Stahl, DIO, and her husband John; Robert M. Stewart, DIO (obstructed); Juanita C. Napenas, KUSAHC, (obstructed) and her husband, Alvarado; and Lester A. Butler, DIO.*

es his career as a safe and vault technician with the DIO Equipment and Operations Branch. He retired May 1 with 31 years of service, six of those on active duty.

Petrowski and his wife Kathi reside in Joppatowne. He thanked those he worked with for their best wishes.

“To all the people I worked with, thanks for making the job fun. And to all the customers, thanks for being patient,” he said.

Petrowski said he plans to continue serving as editor and historian for the Pleiku Military Police Association as well as catch up on odd jobs around the house.

He was awarded the DA certificates of retirement and appreciation and his wife received the APG Certificate of Appreciation.

**Motoko “Mike” E. Stahl**

A native of Japan, Stahl came to the U.S. at age 15 and lived near Fort Huachuca, Ariz., where her stepfather, retired Maj. Norman Elston, was stationed.

She began her civil service career as a clerk-stenographer in APG’s U.S. Army Test and Evaluation Command in 1964. She applied for an apprentice program and was accepted as a maintenance worker in the Aberdeen Area Minor Repair Branch, FED, now DIO, in 1984. She served as a maintenance mechanic until her retirement April 3, with 31 years of service.

Stall holds the distinction as the only female maintenance mechanic in the AA Minor Repair Branch.

Her immediate plans include renovating her mother’s house and visiting relatives in Japan this summer.

She received the DA certificates of retirement and appreciation and her husband Ron received the DA Certificate of Appreciation signed by Doesburg.

**Lester A. Butler**

Butler served in the Air Force from 1963 to 1967. He moved to Maryland in 1983 and began a civil service career as an APG security guard. He became a dispatcher in the Garrison Motor Pool in 1993.

He retired May 1 with 22 and one half years of federal service.

A resident of Edgewood, Butler enjoys working for H&R Block as a tax preparer and plans to take up amateur astronomy and spend time fishing. He received the DA certificates of retirement and appreciation.

**Beverly M. Lennox**

For 35 years, Lennox worked as a nursing assistant, health technician and medical instrument technician for KUSAHC. Joined by her daughter Terri Toliver, the Havre de Grace native said that taking care of patients was the best part of her career.

“Leaving feels sad,” Lennox said. “I’ll probably come back and volunteer.”

She sent a special good-bye and thanks to Lt. Col. David Peterson, Dr. Robert A. Barthel, Ginger Neal, “and the whole Kirk staff.”

Lennox received the DA certificates of retirement and appreciation.

**Robert M. Stewart**

A Port Deposit native, Stewart began his federal career as a utility man at Bainbridge Naval Training Center. He became a laborer with the APG Road and Grounds section in 1964. He returned to Bainbridge in 1966 and became a Water Treatment Plant operator where he worked until 1973, then transferred to the Van Bibber Water Treatment Plant in APG’s Waterworks Division until his retirement April 30 with 45 years and four months of federal service.

Stewart plans to continue working with the Amish Community and to enjoy gardening fishing and hunting.

He received the DA certificates of retirement and achievement.

**Sandra M. Wachter**

Wachter began her civil service career in 1991 with DSHE. She worked in the Equal Opportunity Office and as a safety specialist until her retirement March 31 with 12 years, nine months of federal service.

A Native American of Cherokee descent, Wachter was actively involved in APG’s Native American Equal Opportunity Committee from its inception.

She plans to continue to her jewelry business of both traditional and contemporary, to travel, and to visit her large family which includes five children, 13 grandchildren and three great-grandchildren.

Wachter was awarded the DA certificates of retirement and appreciation.

## Officer Candidate School Board announced

**Steve Schultz**  
*RDECOM*

The U.S. Army Garrison, Fort Meade, will convene a board for Soldiers applying for attendance at the U.S. Army Officer Candidate School July 15.

Along with the U.S. Military Academy and the Reserve Officer Training Corps, the Officer Candidate School remains an important source of commissioned officers for the Army.

Recently the Army has increased the number of Soldiers who may attend OCS.

Candidates apply through local boards - Fort Meade for APG Soldiers - and those selected begin a rigorous, 14-week course of instruction at Fort Benning, Ga.

Aberdeen Proving Ground Soldiers who wish to become commissioned officers should prepare their applications

early.

The key prerequisites for eligibility are:

- Be a citizen of the United States.
- Have a GT score of 110 or higher.
- Pass the Army Physical Fitness Test, with a minimum score of 180.
- Meet the height and weight standards of AR 600-9.
- Pass the Scholastic Aptitude Test with a minimum score 850 or American College Test with a minimum score of 19.
- Have at least 90 semester hours of college study.
- Achieve a score of 80 or higher on the English Comprehension Level Test, if primary language is not English.
- Be at least 18 years old and less than 30 (can waiver age up to 35).
- Have a complete physical

exam six months prior to date of application.

Completed packets must be submitted to the RDECOM Military Personnel Office not later than Monday, June 7.

Each application consists of one packet containing all original documents, and three photocopies of the original packet.

Additional information may be found in Army Regulation 350-51, Officer Candidate School, and on these OCS Web sites, <http://www.infantry.army.mil/ocs/index.htm> and <http://www.armyocs.com/home>

For OCS application information, call the RDECOM Adjutant’s Office, 410-436-2130/3239 or e-mail [milpo@sbccom.apgea.army.mil](mailto:milpo@sbccom.apgea.army.mil).

## APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to [editor@usag.apg.army.mil](mailto:editor@usag.apg.army.mil).

Deadline for copy is Thursday at noon for the following Thursday’s paper.

**Staff**

**APG Commander** ..... Maj. Gen. John C. Doesburg  
**Public Affairs Officer** ..... George P. Mercer  
**Editor** ..... Debi Horne  
**Editorial Assistant** ..... Marguerite Towson  
**Contract Photojournalists** ..... Yvonne Johnson  
..... Meghan Bowen  
**Contract Graphic Designer, Web site designer, Photo Technician.** ..... Diane Burrier  
**Assistant designer** ..... Jolyn Janis



# Demolition program continues at APG

**Mark A. Bush and Lisa Wisemiller**  
DIO

To start the 5400 Block Demolition Program, Col. Mardi U. Mark, garrison and deputy installation commander, Joseph Craten, deputy garrison commander, and a crew from the Directorate of Installation Operations began demolition of building 5446 April 1.

“Demolition is an on-going process at APG,” Mark said. “The necessity derives from cost saving measures when old facilities prove too expensive to maintain or renovate.”

The crew, dressed in hard hats, safety goggles and boots, received a safety briefing and then with Mark leading, mounted an all out assault against the building.

Armed with sledge hammers, pry bars

and determination, they began tearing at interior walls, punching holes through sheet rock and studs. Despite this barrage, the majority of the building stood firm.

Mark then called in the backhoe and demolition was handed over to the heavy equipment operators. By late morning what was left of the building lay in a heap of rubble, and by Monday the debris had been removed, the ground seeded and another building was gone from APG.

“For public safety, some structures have been deemed too unsound for continued use and must be taken down to prevent injuries,” Craten said. “Demolition provides an opportunity to either rejuvenate APG with modern facilities or leave natural spaces for grass or tree planting.”

The 5400 block was built in 1968. It has served in a variety of functions, but in

recent years, the buildings have been used for housing of mobilized units and other interim requirements. Over time, these buildings have become increasingly more expensive to maintain. So plans were initiated to demolish them.

“The demolition of building 5446 is but one step that will lead to big savings for APG,” said Bert Scott, director, DIO. “Over the next four years, as the entire block is demolished, APG will reap \$587,000 in utility, maintenance and repair savings. As the savings continue, APG will have over 100 clean acres for redevelopment.”

And across post another era comes to an end. The remaining buildings of the 3500 block will come down this year, the end of an era to give life to a new era.



Pat Hector, chief, Housing Division, takes one of the initial swings during the demolition of building 5446 April 1.



Photos by DIANE SWAUGER

The demolition of building 5446 will lead to big savings for Aberdeen Proving Ground, and provide an opportunity to either rejuvenate the installation with modern facilities or leave natural spaces for grass or tree planting.

## ECBC receives Baltimore FEB award

ECBC

The Edgewood Chemical Biological Center was named the organization most supportive of the Federal Executive Board Women's Advisory Council goals at the Baltimore Federal Executive Board Federal Women's Advisory Council award and training conference March 25 in Hunt Valley.

“We work hard to recognize and support the achievement of all personnel, regardless of gender,” said Jim Zarzycki, technical director of ECBC. “The success of our organization is closely tied to the success of our individual employees, and so it is important that we support them and foster their advancement.”

As the group award winner, ECBC was honored for its efforts to improve employment and advancement opportunities for women, increase respect for female employees at all grade levels, eliminate harassment in the workplace and address critical personnel issues for both men and women.

ECBC also received a congressional citation from U.S. Sen. Barbara Mikulski recognizing the center's efforts to allow women to advance their personal and professional goals.

The Federal Women's Advisory Council works to increase achievement by women federal employees by eliminating false barriers to

success, improving self-confidence, fostering a supportive environment and identifying problems and solutions relating to the success of women in government. The Women's Advisory Council is a component of the Federal Executive Board system.

The FEBs were established in 1961 by a presidential directive to improve coordination among federal activities and programs outside Washington, D.C. The boards provide information exchange, coordination, communication and community involvement for field activities of the federal government. Currently, there are 28 boards located near major centers of federal activity.

## AER

From front page

AER is the only organization dedicated solely to helping Soldiers and their families in time of emergency financial assistance.

AER will not help with

nonessentials such as ordinary leave or vacation, fines or legal expenses, home purchases or improvements, buying, renting, or leasing a vehicle, bad checks, credit card bills, or debt liquidation or consolidation.

All units on the installation have a keyperson responsible for contacting assigned per-

sonnel and giving them the opportunity to donate to the campaign.

Anyone needing additional contribution forms or information on the AER campaign should contact the campaign coordinator Maj. Anissa McNeil, or Sergeant First Class Lisa Flecha at 410-278-3000.



First Baptist  
Church of Aberdeen

Sunday School

Sunday Worship

Discipleship Training

Wednesday

9:45 a.m.

11:00 a.m. & 6:00 p.m.

4:30 p.m.

7:00 p.m.

• Youth Ministry Teams

• SBC Children's Mission Program (3 yrs. - 6 th grade)

• Prayer Meeting

Dr. Gary Johnson, Pastor

219 E. Bel Air Ave. • Aberdeen, MD 21001

410-272-2845

## FREE SEMINAR



## "Keeping It Clean" Establishing & Maintaining a Clean Credit Report


**Tues., May 18**  
**11:30a.m. & 1:00p.m.**  
**Aberdeen Proving Ground Branch**

Call 410-272-4000 or 1-800-225-2555 ext. 5451 to reserve your space or visit [WWW.APGFCU.com](http://WWW.APGFCU.com) for more information!

Guests May Bring Bagged Lunch. Desserts Will Be Provided.

**APGFCU**

Aberdeen Proving Ground Federal Credit Union



NCUA

Open to everyone who lives or works in Harford or Cecil County.

# Need a Loan?



## Make no payments for 90 days!\*

Offer Good Until May 29th on all New & Used Auto Loans or refinanced auto loans.



## No Car Payment SWEEPSTAKES

Apply for a car loan between March 1 & May 29, 2004 and 1 LUCKY WINNER will win 6 months of Car Payments!

## APGFCU

Aberdeen Proving Ground Federal Credit Union

Open to everyone who lives, works, worships, volunteers or attends school in Harford or Cecil County.

**APPLY 24 hours a day, 7 days a week**  
**Online at [www.APGFCU.com](http://www.APGFCU.com)**  
**Or call 410-272-4000 or 1-800-225-2555 (Option 4)**  
Aberdeen / Abingdon / APG / Bel Air / Edgewood / Elkton / Havre de Grace

\*Certain restrictions may apply. Interest will continue to accrue from date of loan disbursement. Existing APGFCU auto loans are not eligible for refinancing. **AUTO SWEEPSTAKES RULES AND REGULATIONS:** No purchase necessary to enter or win. To enter sweepstakes, Entrants must submit a completed auto loan application to APGFCU. All applications must be received within the Sweepstakes Period. One eligible Entrant ("Winner") will be selected and will have the option to receive their APGFCU car payment made for 6 consecutive months, valued at a maximum of \$600 per month or a cash prize of \$2,000. Winner will be determined by random drawing from all eligible entries received from Entrants held on or about June 1, 2004. Odds of winning will be determined solely by the number of eligible entries received. All decisions by APGFCU regarding the Sweepstakes are final and binding, unless otherwise dictated by applicable law. The winner need not be present to win. No employees or officers, or volunteers or family member or other persons associated with an employee or officer or volunteer of APGFCU shall be eligible to enter. To obtain a copy of the Winner's name, send a request along with a self-addressed, stamped envelope to: APGFCU Sweepstakes, ATTN: Compliance Office, P.O. Box 1176, Aberdeen, MD 21001. Requests must be received no later than July 1st, 2004.





# Purchase Request Submission schedule set

ACA The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2004 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting purchase requests by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs.

Early planning and coordination remain the keys to a successful year-end. Organizations are advised to submit their year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the sub-

mission of purchase requests for FY 2004 and maintenance for FY 2005:

- Noncommercial items over \$100,000 - July 1\*
- Noncommercial items between \$2,500 and \$100,000 - Aug. 1
- Commercial items between \$100,000 and \$5 million - July 1
- Commercial items under \$100,000 - Aug. 15
- Services over \$100,000 - July 1
- Delivery Orders and Task Orders under existing contracts - Aug. 1
- GSA schedule procurements - Aug. 1
- Short-of-Award over \$2,500 - June 15\*\*
- Maintenance for FY 2005 - July 1 (FY 05 Contract Modifications and Options for

Existing Maintenance Contracts)

\* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

\*\*Customers submitting “short-of-award” purchase requests, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after purchase requests that are funded and purchase requests that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals - the justification and approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be

appropriately addressed; front-end purchase request entry into PD2, and PD2. (PD2 is the DoD contracting automated system used at Aberdeen.)

Any request received after the scheduled dates will be considered on a case-by-case basis and will require approval by the Chief of the Contracting Division.

The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cut-off dates. However, the directorate has a limited capability to process late requirements.

Budgetary constraints may mean that customer-funded overtime may be the only method to provide the Directorate with additional flexibility to accept requirements after the established dates.

Refer questions to: Joyce Roberts, Contracting Division - joyce.roberts-@us.army.mil, 410-278-0869

Facilities Branch: repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse,

underground utilities locating, etc.), equipment-in-place, and facilities.

Martha Mitchem - martha.mitchem@us.army.mil, 410-278-2362

Services Branch: General and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-in-place, and other base operations services.

Shirley Kelly - shirley.a.kelly@us.army.mil, 410-278-0854

Technology Branch: ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and, ADP maintenance and services.

Ginny Corona - ginny.corona@us.army.mil, 410-278-0883

The ACA APG DOC Web site is located at: <http://www.apg.army.mil/aca/>. The fiscal year cutoff dates for submission of purchase requests are located at this site under “Announcements, News, and Notes.”

Purchase requests awarded subject to the availability of funds must be funded as soon as funds become available. The work must start and the contractors must be paid - this is not accomplished until the funds are certified.

When preparing purchase requests in PRWEB (formerly known as Acquiline):

- Do not use any dashes or spaces in the purchase request number.
- When preparing attachments for any electronic document to be used by contracting, preparer MUST use the following format: Normal, Times New Roman, 10.
- Do not use page breaks, section breaks, column breaks or special characters such as trademark signs, tm, (r), <, etc., in any document that will be used in a purchase order or contract.
- The contracting writing system used by contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.



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**June 7 – 10, 2004**  
**International Test & Evaluation Association (ITEA) Conference**  
**“First Annual ITEA Technology Review”**  
**Hyatt Hotel & Conference Center, Monterey, CA**

A first-of-its-kind event for the T&E community, the Technology Review is a response to needs of the community and recent rapid technology transition initiatives. This all-technology conference features scientists and engineers from laboratories, universities, industry, and T&E ranges. Featured speakers will start each day with challenging topics. Then informative presentations will be delivered daily in a 3-track structure. These innovative briefings include: hypersonic test, spectrum-efficient/telemetry communications, multi-spectral test, micro/nano electronic test, directed energy test, information systems test, M&S, software test, homeland security test, urban operations test, chem-bio defense test, human performance test, materials, power and energy, and range operations. You can meet the program managers from government and industry to discuss your technology contribution. Exhibit space is available. Rates are good at the Hyatt! You must do this one!

For exhibit and registration information, contact: ITEA – Jean Shivar, 703-631-6121 or e-mail: [jean@itea.org](mailto:jean@itea.org) or see ITEA website: [www.itea.org](http://www.itea.org) for program brochure and on-line registration.

## Post Shorts

**From front page**  
Robertson, DTC EO adviser at 410-278-1053.

**CWF hosts trips**  
For more information or to make a reservation for the following Civilian Welfare Fund trips, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**Cape May, N.J.**  
The Civilian Welfare Fund is sponsoring a trip to Cape May, June 25 through 27. Oceanfront hotel accommodations will be available at the Grand Hotel of Cape May. Cost per person is \$349 for single-occupancy; \$199 for double-occupancy; \$179 for triple-occupancy and \$159 for quad-occupancy. A \$50 per person deposit is due upon reservation.

The charter bus will depart the Aberdeen Area 9:30 a.m. on June 25, and will depart Cape May 5 p.m. on June 27.

**New Orleans**  
The Civilian Welfare Fund will sponsor a trip to New Orleans Sept. 12 through 15. Tour the French Quarter, try a taste of Cajun cuisine, enjoy music, experience Bourbon Street and more.

Rooms are booked at the Iberville Suites, owned by the Ritz Carlton, located in the French Quarter, two blocks from Bourbon Street. A full breakfast is served daily.

Cost per person is \$519 for singles; \$449 for double-occupancy; \$429 for triple-occupancy; and \$409 for quad occupancy. Price includes cost of roundtrip airfare from Baltimore Washington International Airport. A \$100 per person deposit is due upon

reservation.  
**New York City**  
Spend a leisurely day in the Big Apple July 17. Roundtrip charter bus transportation is provided for \$35 per person.

**Military Spouse Appreciation Month**

In honor of Military Spouse Appreciation Month, the Army Community Service will hold a cake-cutting ceremony 11:30 a.m. to 1 p.m., May 27, at the PX. Everyone is invited to stop by and visit the information table.

**Nominations due for VME Robert Dole Award**

Volunteers for Medical Engineering, Inc., a Baltimore-based nonprofit organization serving individuals with disabilities, is seeking nominations for its sixth annual VME Robert Dole Award. The award will be presented to an individual who has exhibited the highest levels of accomplishment and commitment in a chosen profession while overcoming significant obstacles along the way.

Nominees for this year's award should reside and/or work in Maryland, Northern Virginia, Southern Pennsylvania or the District of Columbia, have achieved unusual success and recognition in their chosen profession, made significant contributions to their community through volunteerism, philanthropy and/or public service, overcome a significant obstacle to that success, serve as a role model for other individuals, particularly youth, who may be

facing similar obstacles to success.

Nomination packets and more information are available from Volunteers for Medical Engineering, Inc. by calling 410-243-7495 or e-mailing [vme@toad.net](mailto:vme@toad.net).

All nominations are due in the VME office no later than 4 p.m., June 11.

The award will be presented at Oriole Park at Camden Yards prior to an Oriole home game during the 2004 season.

**Free Parenting Class**

Army Community Service will hold Systematic Training for Effective parenting, a free Parenting Class for parents with children from ages 6 to 12. Classes are scheduled 6 to 8 p.m., from May 20 through June 24, Thursday evenings, at ACS, building 2754 Rodman Road. Please indicate if childcare is needed when registering.

For more information or to register, call Laura Reich, Family Advocacy Prevention Specialist at 410-278-7478 by May 18.

**Sampson AFB Veterans Association, Inc. seeks veterans**

The Sampson Air Force Base Veterans Association, Inc., is searching for all personnel who served or trained at Sampson Air Force Base from 1950 through 1956, to include basic trainees, permanent party, “WAFS,” students in special schools, officers and noncommissioned officers stationed at Sampson.

The Sampson Memorial Museum is open 10 a.m. to 4 p.m., May 1 through 31, weekends only; May 31 through Sept. 6, Wednesday through Sunday; and Sept. 6 through Oct. 11, weekends only. The gate closes for the last tour at 3:30 p.m.

For more information, contact Chip Phillips, P.O. Box 331, Williamsville, NY 14231-0331 or e-mail [Chip34@aol.com](mailto:Chip34@aol.com).

**Limited tickets available for Montgomery Gentry concert**

Tickets for the Montgomery Gentry concert on July 17 cost \$20 in advance, \$25 on the day of the show.

To purchase tickets, call Ticketmaster at 1-800-551-SEAT; visit [www.apgmwr.com](http://www.apgmwr.com) or MWR Registration, building 3326, 410-278-4907; or Hoyle Fitness Center, building E-4210, 410-436-7134.

For more information and disabilities accommodations, call 410-278-4621, Fax 410-278-9083, or TTY: 410-278-4110, or e-mail [mwr\\_registration-usag.apg.army.mil](mailto:mwr_registration-usag.apg.army.mil).

**Free German class scheduled**

The Army Community Service Relocation Assistance Program will offer a free Basic German Language class for active duty military personnel, civilian personnel, and family members May 19 through June 30 every Wednesday, 6 to 7 p.m.

Learn the basic structure and vocabulary of the German language and to communicate in German.

Call for specific dates, and location.

For more information or to register, call Relocation Readiness at 410-278-7474.

**Warrant officers needed**

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties to those that qualify. Applicants with less than 12 years active federal service are encouraged to apply.

For more information and all forms/documents required, visit [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call 502-626-0484/0458.

**2004 Army Birthday Ball**

Celebrate the Army's 229th birthday including dinner, entertainment and dancing at the 2004 Army Birthday Ball, June 19, at the Washington Hilton and Towers Hotel in Washington, D.C.

For more information or to register for the 2004 Army Birthday Ball, visit Army Knowledge Online, [www.us.army.mil](http://www.us.army.mil).



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# Community Notes

## MOVIES

**ADMISSION: ADULTS \$3, CHILDREN \$1.50, building 3245 Aberdeen Boulevard. To verify listing, call 410-272-7520. Free admissions have been discontinued.**

### THE LADYKILLERS

**Friday, May 14, 7 p.m.**  
Starring: Tom Hanks, Marion Wayans

The story revolves around a Southern professor who puts together a group of thieves to rob a casino. They rent a room in an old woman's house, but soon she discovers the plot and they must kill her, a task that is more difficult than it seems. (Rated R)

### THE PASSION OF THE CHRIST

**Saturday, May 15, 7 p.m. and 9 p.m.**  
Starring: James Caviezel, Monica Belucci

The Passion of The Christ focuses on the last 12 hours of Jesus of Nazareth's life. The film begins in the Garden of Olives where Jesus has gone to pray after sitting the Last Supper. Jesus must resist the tempta-

tions of Satan. Betrayed by Judas Iscariot, Jesus is then arrested and taken within the city walls of Jerusalem where leaders of the Pharisees confront him with accusations of blasphemy and his trial results in condemnation to death. (Rated R)

### THURSDAY MAY 13 LYME DISEASE AWARENESS MONTH

To begin the annual "May is Lyme Disease Awareness Month," the Harford County Lyme Disease Support Group, Inc. will sponsor a program on ticks and tick borne diseases for physicians and the general public, 7:30 p.m., at Highland Presbyterian Church, 701 Highland Road, Street.

The guest speaker will be Sandy Evans, a biologist from the U.S. Army Center for Health Promotion and Preventive Medicine.

Evans will discuss the threat of major tick borne diseases in the United States, tick habitats, tick life cycles, the prevention of tick bites, personal protective techniques, proper removal of ticks and tick control around the home. After the program there will be a question and answer period.

For more information, call Jean F. Galbreath, 410- 838-5963, or e-mail JGLyme@aol.com.

### FRIDAY MAY 14 WPOC HOSTS PRAK- NESS AND ARMED FORCES WEEKEND

Radio Station WPOC 93.1 FM will host the final night of outdoor concerts at Power Plant Live at 7 p.m. with a free concert open to all ages. Dreamworks Records Artist, Darryl Worley will perform. A true supporter of servicemen and women, Worley wrote "Have You Forgotten" after a visit to U. S. troops in Afghanistan. Local favorite "Detour" will kick off the evening's entertainment, which also includes a joint service military color guard from the Defense Information School at Fort Meade. The 93.1 WPOC Fun and Games Department will be set up with a vehicle from "America's Trucks" honoring service members. Power Plant Live is located at the intersections of Market Place and Water Street in downtown Baltimore.

### SATURDAY MAY 15 SPRING NATURE PRINTING

This class will teach students how to capture the beauty of a leaf's fingerprint through nature printing, resulting in designing a tote bag and note cards. Class will be held 2:30 to 4:30 p.m. for ages 12 through adult at the Estuary Center, 700 Otter Point Road, Abingdon. The fee is \$10. Reservations are required. For information, directions, or to make a reservation, call 410-612-1688 or 410-879-2000 ext.1688.

### SPRING FLING/YARD SALE

VFW Auxiliary 5337 will hold a Spring Fling/Yard Sale, 8 a.m. to 4 p.m., at VFW Auxiliary 3705 Pulaski Highway, Abingdon. Tables rent for \$7.50 each. Yard sale items include T-shirts, raffles, flowers and novelties.

Baked goods, pit beef and drinks will be available.

Proceeds support veterans, troops in Iraq, youth activities at local schools and the community.

### FOR MORE INFORMATION, CALL 410-538-8269. OCEAN CITY SALUTES THE SERVICES

The Ocean City Convention and Visitors Bureau and the Ocean City Hotel-Motel-Restaurant Association, Ocean City, Md., will pay tribute to the nation's first responders with a "Salute to the Services," through June 16. The special discount program will honor military, police, EMS and fire personnel. Local businesses including hotels, restaurants, attractions, golf courses and shops will offer discounts to eligible personnel showing their credentials during the program. The Ocean City Life Saving Station Museum, located on the Boardwalk at the Inlet, will offer half-price admission to firefighters, police officers, military personnel and their families

For more information, call 1-800-OC-OCEAN or visit [www.salutetothesevices.com](http://www.salutetothesevices.com).

### vices.com.

### DEE'S PLACE COMEDY CLUB

An all headliner show with Timmy Hall, Denny Live and T. L. Fitts will be held 9 p.m., at Dee's Place Comedy Club at the Holiday Inn, Aberdeen. Tickets cost \$15 in advance and \$20 at the door. Proceeds will benefit Parks and Recreation. This will be the Comedy Club's Second Year Anniversary Show.

For more information, call Dee Shaw at 410-937-5715.

### SUNDAY MAY 16 GREAT STRIDES CYSTIC FIBROSIS WALK

The annual Great Strides Cystic Fibrosis Walk will take place 11 a.m. at Tydings Park, Havre de Grace. Participants can register at 10 a.m. the day of the walk. Raise money for a cause and enjoy free entertainment, food and drinks. Participants will complete a mile walk, or walk one-half mile. Activities for children and raffle tickets will also be available.

Participants from APG can register at [www.cff.org/great\\_strides/choose\\_a\\_great\\_strides\\_walk.cfm](http://www.cff.org/great_strides/choose_a_great_strides_walk.cfm), and click on the Great Strides logo to join Team A.P.G. To make a sponsorship tax deductible donation, visit [www.cff.org/great\\_strides/choose\\_a\\_great\\_strides\\_walk.cfm](http://www.cff.org/great_strides/choose_a_great_strides_walk.cfm).

For more information or to become a team leader, call Tonya Cochran at 610-932-4165 or Tontee4165@hotmail.com.

### GREYHOUD REUNION

Greyhound Pets of America-Maryland Chapter, an organization dedicated to rescuing retired racing greyhounds and finding happy, permanent homes for them, will host its 14th Annual Greyhound Reunion on at Oregon Ridge Park, Hunt Valley, 10 a.m. to 3 p.m., rain or shine. Raffles, gifts, food, games, contests, door prizes, adoptable dogs and more.

Admission costs \$2 per family. For more information, call 410-744-4542.

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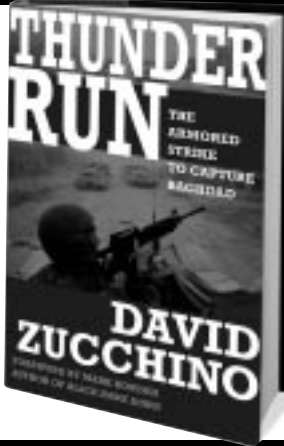
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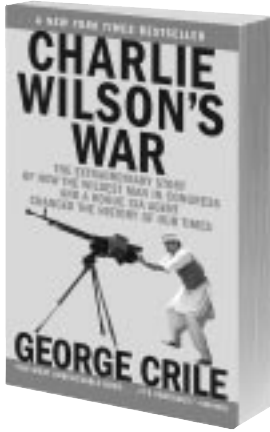
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# Morale, Welfare & Recreation

## Activities

MWR has exciting and entertaining events planned for APG. Upcoming concerts include the Miller Lite Army Concert Tour pre-	senting Montgomery Gentry, and Blue County on July 17. Shirley Caesar returns to APG for another concert July 18.	To learn more, visit the MWR Web site, <a href="http://www.apgmwr.com">http://www.apgmwr.com</a> .
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### Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at [www.apgmwr.com](http://www.apgmwr.com).

### Dominoes

This Tuesday night class, June 1 through 22, covers the fundamentals of dominoes at the AA Recreation Center, 6 to 8 p.m. The overall strategies for winning will be covered. Register by May 27. Cost is \$10.

### Pinochle

Classes will be held 6 to 8 p.m. on Tuesdays, June 1 through 22 at the AA Recreation Center. The class teaches the basic fundamentals of Pinochle; the point system used in bidding and the taking of tricks will be covered in the first class along with the objectives and strategies of the game. Register by May 27. Cost is \$10.

### Fencing

Beginner classes will be taught 7 to 8 p.m., June 3 through 24, at the AA Recreation Center. Beginner fencing teaches the basic maneuvers employed on offense and defense, how to initiate or avoid an attack by an opponent and how to improve skills and timing.

Intermediate fencing runs 8 to 9 p.m., June 3 to 24, at the AA Recreation Center. Intermediate fencing will fine tune movement and execution

for match conditions. Practice and develop strategies and techniques, which will help make fencer a successful tournament contender.

Register by May 27. Cost is \$35. All equipment will be provided.

### Jujitsu

This ancient art of hand combat will be taught 6 to 7 p.m., June 3 to 24, at the Russell Gymnasium.

Instructional classes are designed to enable the student to become proficient in the art of self-defense. The course will consist of learning take-downs, grappling, and gripping and ground floor fighting to subdue an opponent. The instructor will give an overview and syllabus of the requirements for obtaining belts as well as the recommended training regiment for progression. Students will be responsible for obtaining any individualized equipment needed for the program. Register by May 27. Cost is \$35.

### Match Play Golf Tournament

Play some good old match play golf on June 7 at Ruggles Golf Course. Tee times are to be determined by the number of entries. Cost is \$20 plus applicable daily fees.

This tournament is open to all players, but they must have a USGA handicap. Ninety percent of handicaps are used for competition. All play will be from the white tees.

There is a strict three-week match window schedule for all matches to be completed. One hundred percent of all prize

money will be awarded. Register by May 31.

### Women's Strength Training 101

This beginner level class held 6 to 7 p.m. every Tuesday and Thursday, June 1 to 24, in the APG Athletic Center will teach strength training techniques including circuit machines, free weights and body weight exercises. The class will also focus on flexibility to design a strength program. Register by May 27. Cost is \$45.

### Yoga Instructor Certification (Phase 2)

Certification will be held 9 a.m. to 5 p.m., June 12, in the AA Fitness Center. Learn the advanced pranayama, and variations of core asanas, creating a power flow vinyasa. The benefits of inverted positions and partner yoga, as well as advanced meditation techniques. Register by May 28. Cost is \$99 and study guides are not included. Participants must have completed Yoga Instructor Certification (Phase 1) in order to register.

### Visit Cape May

Enjoy the famous Victorian seaside in Cape May, N.J., June 27. Trip includes visiting the famous Twingings Tea Room, for a Victorian lunch. After lunch, tour Cape May's only Victorian house museum, the Physik Estate. A trolley ride follows with a viewing of the "Queen of Seaside Resorts," plus time for shopping and sightseeing. Bus will depart from Vitali's Restaurant in Edgewood at 7:45 a.m. and return at 10 p.m. Cost is \$56. Register by May 27.

### Bowling specials

A Soldier Special will be held on May 16. Soldiers play just \$1 per game and \$1 for shoe rental.

Red Pin Special runs 5 p.m. till closing, May 19 through 21. Throw a strike on a red head pin and receive a free game of bowling.

Bowl all you want Special 1 to 6 p.m., May 26 through 28, for only \$7 per lane per hour.

Shoes are included.

### APG National Health and Fitness Day

Kirk U.S. Army Health Clinic will conduct a Mini Health Fair May 19, 11 a.m. to 3 p.m. at the APG Fitness Center, Hoyle Gym and Fitness Center.

Take advantage of blood pressure screening, body composition analysis and information on nutrition, injury prevention, heart disease and diabetes.

The AA Fitness Center will have a chiropractor and acupuncturist on site.

There will be a 5K Fun Walk/Run beginning at 11:45 a.m.

Receive a massage from a licensed massage therapist from 11 a.m. to 3 p.m. There will be prizes to the first 50 participants, free water bottles, and more.

For more information contact the Hoyle Health & Fitness Center at 410-436-7134/7135 or the APG Health & Fitness Center at 410-278-9725/9759.

### APG Miniature Golf championship

This double elimination tournament will be played 6 to 10 p.m., May 21, at Chesapeake Challenge Amusement Park.

Cash prizes will be awarded to the winners based on the number of entries. Players must abide by existing course rules during play. Cost is \$10. Register by May 18.

### Chesapeake Challenge is open

The Chesapeake Challenge Amusement Park is open for weekends only, Friday, 5 to 10 p.m., Saturday, 1 to 10 p.m., and Sunday, 1 to 8 p.m.

Amusements include Go-Kart rides, miniature golf, batting cages and the arcade room. Parties, special events and group packages are also available.

For more information or for group rates, contact Outdoor Recreation at 410-278-4124 or e-mail [outdoor.recreation@usag.apg.army.mil](mailto:outdoor.recreation@usag.apg.army.mil).

## LIBRARY BOOK CORNER

**Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-436-3589.**

The following is a list of some of the recently received films available on DVD at the APG MWR libraries:

The following is a list of some new books available at the APG MWR libraries:

**Prince Edward** by Dennis McFarland

In the summer of 1959, Prince Edward County in Virginia closed its public schools rather than open them by court order to black children. This story is told through the eyes of 10-year-old Benjamin Rome, son of a segregationist chicken farmer, whose best friend is Burghardt, a bright black youngster who shares his dreary farm chores.

**Now is the Time to Open Your Heart** by Alice Walker

**Larry Bond's First Team** by Larry Bond

**Adventures of the Artificial Woman** by Thomas Berger

**A Loving Scoundrel** by Johanna Lindsey

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html) provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

## Lucky Bucket 2 underway at Ruggles Golf Course

**Yvonne Johnson**  
*APG News*

Ruggles Golf Course is hosting the Lucky Bucket 2 Sweepstakes, a spring golf driving range promotion targeting golfers of all ages and skill levels.

Through June 30, nine red "lucky" balls will be dropped in the range ball machine each week.

Instant prizes are awarded on the spot to those who find a red ball in their bucket.

Prizes include a Vivitar digital camera; Wilson Staff true velocity golf balls, a Dirt Devil hand vacuum, Samsonite "Legacy Sport" 2-piece luggage set, and more.

In addition, with every purchase of a bucket of balls at the driving range, patrons will receive an entry form for the grand prize, an all-expense paid golf vacation package for two at a championship golf resort.

The golf vacation packages will be drawn randomly at the CFSC headquarters on or about July 31.

Sharpen your golf skills and enter to win great prizes.

For more information, contact Ruggles Golf Course at 410-278-4794 or visit the Morale, Welfare and Recreation Web site, [www.apgmwr.com](http://www.apgmwr.com).

## SCHOOL LIAISON/YOUTH EDUCATION

### RESOURCES FOR PARENTS, STUDENTS

The U.S. Department of Education offers a pamphlet that may be helpful to parents and students. The "Achiever" is about new and innovative school programs. To learn more, go to [www.ed.gov](http://www.ed.gov) Interested in a new program about developing strong character among youth and the value of character development programs? Visit [www.cetac.org](http://www.cetac.org). To view the state of Maryland's report card, "Achievement Matters Most," 2003 Performance Report for State and School Systems, visit [www.mdreportcard.org](http://www.mdreportcard.org) and [www.marylandpublic-schools.org](http://www.marylandpublic-schools.org)

### ACHIEVEMENT MATTERS

"Achievement Matters Most, An Overview of Maryland's Plan for Every Student" sets five simple but challenging goals for Maryland public education. Goal 1: high achievement Goal 2: effective instruction Goal 3: outstanding teachers and principals Goal 4: safe schools Goal 5: involved parents. For more information, visit the School Liaison/Youth Education Office, building

2752, Room 200 or call 410-278-2857.

### READY AT FIVE

Ready At Five Partnership is a statewide partnership to ensure that all Maryland children birth through five enter school ready to learn. Through policy research and technical assistance to local communities in Maryland, the partnership promotes state and local investments in services and supports that foster success in school. A new booklet called, "Bringing Parents Into The Picture," is now available from Ready At Five Partnership about the influence of television on young children and advice to parents to help combat the problem.

### MILITARY CHILD EDUCATION COALITION

A limited number of "The Military Parents' Guide to No Child Left Behind" and "How Communities can Support the Children and Families of those serving in the National Guard or Reserves" are available on a first come, first served basis.

To receive copies of pamphlets listed above, call Ivan Mehosky at 410-278-2857.

## Equipment Resource Center offers holiday special

The Equipment Resource Center will offer a Memorial Day holiday special - rent any piece of equipment on May 29 and return it no later than noon June 1 and pay only a one-day rental fee.

The Equipment Resource Center is open 10 a.m. to 5 p.m., Monday through Wednesday; 10 a.m. to 6 p.m., Thursday and Friday; and 9 a.m. to 3 p.m. on Saturday. The center is closed on Sundays and holidays.

For more equipment and fee information, call Outdoor Recreation, building 2407 at 410-278-4124 or e-mail [outdoor.recreation@usag.apg.army.mil](mailto:outdoor.recreation@usag.apg.army.mil).

## Bowling scores

### Wednesday Lunch League

#### Week of April 30

*Men's High Game Scratch*  
Jeff Swab, 201  
Terry Pollard, 199  
*Men's High Game Handicap*  
Bob Dowding, 264  
Jeff Swab, 248  
*Men's High Series Scratch*  
Jeff Swab, 359  
Terry Pollard, 342  
*Men's High Series Handicap*  
Bob Dowding, 474  
Cliff Hubbard, 472  
*Women's High Game Scratch*  
Donna Coyne, 207  
Sandy Dowell, 190  
*Women's High Game Handicap*  
Linda Ghiorse, 266  
Dawn Gordner, 247  
*Women's High Series Scratch*  
Sandy Dowell, 370  
Dawn Gordner, 333  
*Women's High Series Handicap*  
Sandy Dowell, 478  
Linda Ghiorse, 476

### Thursday Lunch Doubles

*Men's High Game Scratch*  
Barry Hudler, 204  
Jimmy Hoffman, 196  
*Men's High Game Handicap*  
Tom Puckett, 288  
Ken Paxton, 284  
*Men's High Series Scratch*  
Barry Hudler, 374  
Jimmy Hoffman, 341  
*Men's High Series Handicap*  
Barry Hudler, 490  
Mac McClellan, 484  
*Women's High Game Scratch*  
Ronda Taylor, 162  
Leeann Brainard, 161  
*Women's High Game Handicap*  
Ruthann Cunningham, 255

Debbie Burkins, 254  
*Women's High Series Scratch*  
Ronda Taylor, 294  
Debbie Burkins, 270  
*Women's High Series Handicap*  
Debbie Burkins, 493  
Joyce Smith, 457

### Friday Fun Bunch

*Men's High Game Scratch*  
Richard Trimble, 243  
Stacey Martin, 194  
*Men's High Game Handicap*  
Virgil Mills, 298  
Richard Trimble, 279  
*Men's High Series Scratch*  
Richard Trimble, 609  
Virgil Mills, 544  
*Men's High Series Handicap*  
Virgil Mills, 782  
John Lewis, 691  
*Women's High Game Scratch*  
Ellen Hopkins, 177  
Latasha Taylor, 175  
*Women's High Game Handicap*  
Latasha Taylor, 271  
Venus Drebing, 268  
*Women's High Series Scratch*  
Latasha Taylor, 477  
Ellen Hopkins, 436  
*Women's High Series Handicap*  
Latasha Taylor, 742  
Venus Drebing, 706

### Saturday Youth - Rising Stars

*Boy's High Game Scratch*  
Dauvon McCormick, 189  
John Keegan, 136  
*Boy's High Game Handicap*  
Morgan McConnell, 273  
Dauvon McCormick, 271  
*Boy's High Series Scratch*  
Dauvon McCormick, 440  
John Keegan, 323

*Boy's High Series Handicap*  
Stefan Sexton, 696  
Kevin Carter/Dauvon McCormick, 686  
*Girl's High Game Scratch*  
Lawrencia Searles, 119  
Jessell Cons, 112  
*Girl's High Game Handicap*  
Lawrencia Searles, 266  
Jessell Cons, 258  
*Girl's High Series Scratch*  
Jessell Cons, 317  
Lawrencia Searles, 304  
*Girl's High Series Handicap*  
Lawrencia Searles, 675  
Michella Patrick, 673

### Saturday Youth - Shooting Stars

*Boy's High Game Scratch*  
Curtis Swauger, 179  
Ryan Anderson, 174  
*Boy's High Game Handicap*  
James Ables, 269  
Lance Lepard, 268  
*Boy's High Series Scratch*  
Curtis Swauger, 514  
Ryan Anderson, 484  
*Boy's High Series Handicap*  
Chris Denardi, 713  
Curtis Swauger, 707  
*Girl's High Game Scratch*  
Ashley Taylor, 155  
Jessica Page, 118  
*Girl's High Game Handicap*  
Ashley Taylor, 266  
Angela Kerner, 254  
*Girl's High Series Scratch*  
Ashley Taylor, 449  
Jessica Page, 271  
*Girl's High Series Handicap*  
Ashley Taylor, 722  
Heather Miller, 652



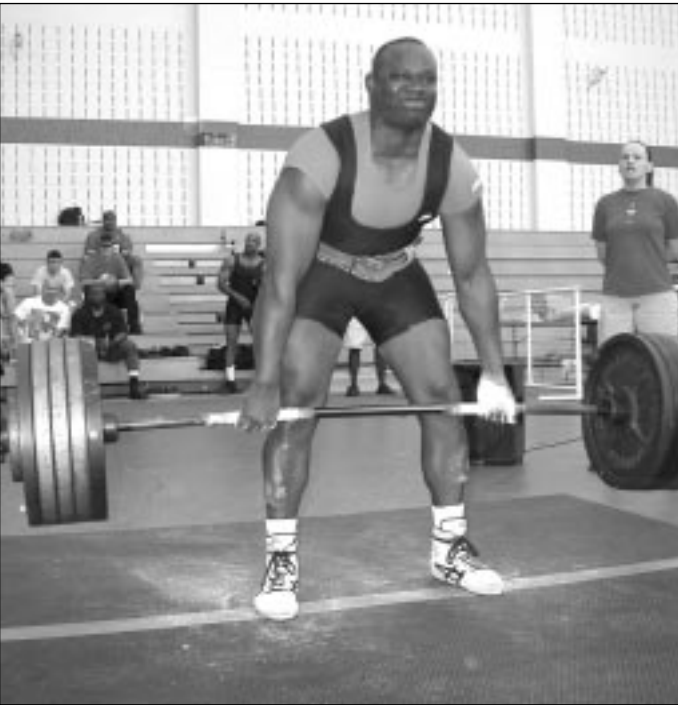
# Sports



HHC 16th's Frederick Burriss deadlifts 410 pounds before a 425-pound dead lift that won him the military men's sub-masters division.



John McElhenny, Company C 143rd Ordnance Battalion, grimaces through a 425-pound deadlift.



James Carr of the Noncommissioned Officers Academy, with an unsuccessful 525-pound deadlift, still went on to win the military men's sub-masters division with a lift of 500 pounds.



Rachel Carmichael, USMC, wins the military women's 123-pound division with a 245-pound deadlift.



U.S. Marine Corps Detachment Pvt. Timothy Giordano, left, and Chi Hua tighten the weights on their side of the bar for Matt Long's 660-pound lift.



From left, dead lift judges Jeff Pettitway, manager of the AA Athletic Center, and volunteers Sylvester Dokes and Elaine Bennett hold up the white side of their paddles to indicate a successful lift to scorekeepers. The opposite side of the paddle is red, for an unsuccessful lift.



Raul Camacho deadlifts 225 pounds on the way to winning the civilian men's lightweight division during the intramural deadlift competition at the Aberdeen Area Athletic Center April 24.

# USMC regains dead lift crown

## Four champions lift Marines to post championship

Story and photos by  
**Yvonne Johnson**  
APG News

The U.S. Marine Corps Detachment soared to victory over its rival, Company C 16th Ordnance Battalion, to claim the post championship for the intramural deadlift competition held April 24 at the Aberdeen Area Athletic Center.

Four first-place and three second-place finishes by seven Marine medal winners locked up the victory for the U.S. Army Ordnance Center and School's detachment.

Company C 16th finished with two first-place and three second-place winners. Company B 16th Ordnance Battalion, with three first and two second, came in third.

The best overall individual awards went to civilians Matt Long of the Directorate of Law Enforcement and Security with a personal best of 660-pounds and Margaret McLean who lifted 375-pounds.

Novice lifters stole the show, however, as cadets from the Military Youth Corps Freestate ChalleNGe Academy won three of the four civilian men and women's lightweight categories and all but 10 of 41 awards went to first-time competitors.

In addition, a former APG first sergeant with the 143rd Ordnance Battalion, Sgt. Maj. Michael Bennett of the 49th

Quartermaster Group, Fort Lee, Va., returned to compete as a guest in the civilian category. Bennett finished second to Long with an impressive 650-pound lift.

"It's been a while since we won it all. It feels good to be back," said Marine Staff Sgt. Ronald Creek after accepting the championship trophy from APG Garrison Command Sgt. Maj. Elvis Irby. He said the Marine lifters trained hard and progressed gradually from day to day.

"I can't say enough about them. Today was a 360-degree turnaround from the first day. They were outstanding," Creek said.

"The detachment encouraged females to participate so I decided to be a part of it," said USMC's Rachel Carmichael, one of two Marine females to win her division.

All team leaders had high hopes to win important Commander's Cup points.

Company B 16th drill sergeant Phillip Griffith said he was particularly proud of the females on his 15-person team.

"The whole team is doing well but the females are ahead right now," Griffith said. "They're all motivated. We pumped them up, showing them the unit's trophies and gave them time to practice."

"I was a little nervous but my motivation kicked in and that helped," said Company B's Shaniqua Wilkerson, a first-time

competitor from Alexandria, La., who lifted a personal best of 300 pounds to win the military women's 181-pound division.

Drill Sgt. David Kelly, Company C 16th, said his team, all first time lifters, had one goal in mind.

"We're focused on points for the commander's cup," Kelly said. "That's our motivation."

Anthony King, youth supervisor for the Maryland Army National Guard's Freestate ChalleNGe Academy, brought a team of 12, of which four, including King, took home trophies.

"They never lifted before but they've been waiting on this and hoping to do well," King said.

"It's a good feeling to do well in your first competition," added 20-year old civilian Raul Camacho of Aberdeen who said he heard about the tournament through a friend at the Post Exchange GNC store.

"I'm just a proud father," added Camacho's father, Luis, an instructor at the U.S. Army Ordnance Mechanical Maintenance School's Hatcher Hall.

He watched his son deadlift 225, 295, and 315 pounds on his way to winning the civilian men's lightweight division.

"It started out like just something to do but he's interested now and sticking with it. I'm just very, very proud."



# Dead lift results

### Intramural dead lift competition

#### Results

##### Team awards

*First place*, USMC  
*Second place*, Company C 16th Ordnance Battalion  
*Third place*, Company B 16th Ordnance Battalion  
*Best overall female*, Margaret McLean  
*Best overall male*, Matt Long

##### Civilian women

*Lightweight*  
Champion, Shamira Abrams, ChalleNGe, 185 pounds  
Runner-up, Krystle Changlee, ChalleNGe, 180 pounds  
*Heavyweight*  
Champion, Margaret McLean, 375 pounds  
Runner-up, Tracy Graves, DLES, 305 pounds

##### Military women

114 pounds  
Champion, Blackstock, Company C 16th, 150 pounds 123 pounds  
Champion, Rachel Carmichael, USMC, 245 pounds  
Runner-up, Patsy Lewis, Company B 16th, 185 pounds 132 pounds  
Champion Ashley Torrence, MRICD, 200 pounds  
Runner-up, Candelario, Company C 16th, 150 pounds 148 pounds

Champion, Thomasena Thomas, Company B 16th, 225 pounds  
Runner-up, Tabitha Cobb, Company B 16th, 200 pounds 165 pounds  
Champion, A.A. Wilks, USMC, 230 pounds  
Runner-up, Lashanda Kill, Company E 16th, 225 pounds 181 pounds  
Champion, Shaniqua Wilkerson, Company B 16th, 300 pounds  
Runner-up, Larson, Company C 16th, 220 pounds

##### Civilian men

*Lightweight*  
Champion, Raul Camacho, civilian, 315 pounds  
Runner-up, Robb Exler, ChalleNGe, 260 pounds  
*Heavyweight*  
Champion, Matt Long, DLES, 660 pounds  
Runner-up, Michael Bennett, Fort Lee, Va., 650 pounds

##### Military men

123 pounds  
Champion, Cedero, Company C 16th, 250 pounds 132 pounds  
Champion, David Francisco, USMC, 285 pounds  
Runner-up, Solozaro, Company C 16th, 250 pounds 148 pounds  
Champion, Roderick Perry, Company A 16th, 385 pounds  
Runner-up, Justin Carter, Company A 16th, 315 pounds

165 pounds  
Champion, Vance Mathis, Company A 16th, 375 pounds  
Runner-up, Murphy, USMC, 375 pounds 181 pounds  
Champion, Derek Johnson, Company C 143rd, 415 pounds  
Runner-up, Ritter, USMC, 375 pounds 198 pounds  
Champion, Thomas Thomas, USMC, 485 pounds  
Runner-up, Mark Hill, NCOA, 450 pounds 220 pounds  
Champion, Leonard Jackson, Company B 16th, 435 pounds  
Runner-up, Rick Favela, USMC, 425 pounds 242 pounds  
Champion, Jeffery Johnson, HST, 500 pounds  
Runner-up, William Johnson, Company A 16th, 400 pounds

##### Sub-masters division

*Heavyweight*  
Champion, James Carr, NCOA, 500 pounds  
Runner-up, Frederick Burris, HHC 16th, 425 pounds

##### Masters division

*Lightweight*  
Champion, Anthony King, National Guard, 405 pounds  
*Heavyweight*  
Champion, Carroll Lucas, CMA, 470 pounds  
Runner-up, Aaron Schachte, HHC 61st, 400 pounds



## Battle with bass ends cabin fever for APG fisherman

Photo by "MR. KENNY"

A 20-minute battle with this 22-pound, 37-inch striped bass ended cabin fever for Horace L. Lumpkin, a research technician at the U.S. Army Medical Research Institute of Chemical Defense. A die-hard pan fisherman, Lumpkin caught and released this fish using light tackle on April 10 in the waters off Aberdeen Proving Ground's Spesutie Island.

# Armed Forces Day Wrestling Tournament begins May 22

Weigh-in for the Armed Forces Day Wrestling Tournament begins 10 a.m., May 22, at the Aberdeen Area Athletic Center, building 3300.

The tournament begins at 1

p.m.

This one-day, double elimination tournament is open to the public. Participant entry fee is \$20.

Awards will be presented to

the top four finishers in each division. For more information, contact Charles Heinsohn at 410-278-3868 or e-mail charles.heinsohn@usag.apg.army.mil.



Photo by TOM GREEN

## First Charity MCSC Golf Scramble

Representing the Marines during the First Charity Golf Scramble April 30 at Ruggles Golf Course, Toby Eberle shoots a putt while teammate Blair Brown waits patiently. The foursome of Patrick Sheldon, Eric Braerman, Janice Moore and Jim Wood scored a 60 to win the tournament. Proceeds from the event provide funds for scholarship awards and support welfare requests from Aberdeen and Edgewood area organizations as well as in surrounding communities.

# Volleyball results

The following results are for intramural volleyball for the week ending April 29.

The post-season tournament began May 10. The championship will be played 6:30 p.m., May 13, in the Aberdeen Area Athletic Center.

#### Results

*April 27*  
Company C 16th defeated 520th TAML, 21-11; 21-8  
2903rd MD defeated NCOA, 21-16; 21-18  
MRICD defeated USMC #2, 19-21; 21-19; 15-12

USMC #1 defeated Company E 16th, 21-18; 21-14  
*April 28*  
Company E 16th defeated NCOA, 21=11; 21-16  
HHC 16th defeated 520th TAML, 17-21; 21-19; 15-10  
MRICD defeated HHC 61st, 23-21; 21-17  
USMC #1 defeated Company B 143rd, 21-5; 21-10  
*April 29*  
USMC #1 defeated Company B 16th, 21-13; 21-15  
USMC #2 defeated Company C 143rd, 21-10; 21-0

#### Standings

##### American Division

Company E 16th	10-1
USMC #2	4-6
Company C 16th	4-6
Company B 16th	3-8
USAF	2-8

##### National Division

USMC #1	10-1
HHC 61st	8-3
203rd MI	7-4
NCOA	4-5
HHC 16th	4-5
Edgewood Division	
MRICD	9-1
520th TAML	4-8
Company B 143rd	3-6

## Register now for summer credit classes

Register for summer credit classes at Harford Community College at the HCC Aberdeen Proving Ground Center, building 3146 Raritan Avenue. For more information and hours, call 410-272-2338.

Registration is also available at the HCC Student Center, 8 a.m. to 7 p.m., Monday through Thursday, and 8 a.m. to 4 p.m. on Friday (the center is closed May 31). Summer credit classes begin on June 1.

Students may also register by mail or FAX through May 28. Forms and more information are included in the Summer/Fall Schedule of Credit Classes. Continuing students may register online using SOLAR at [www.harford.edu](http://www.harford.edu). Harford Community College Summer/Fall Schedule of Credit Classes is available at

Harford County Public Library branches. Students can also access the Schedule of Classes on the Web site or can request a schedule by calling 410-836-4107.

Prior to registering, students may call HCC's Advising, Career, Disability and Tutoring Services at 410-836-4301 to make an appointment to meet with a new student advising group or meet with an academic advisor to plan their semester schedule. Students who have never attended HCC, or who attended before spring 2003, should complete an HCC Application for Enrollment prior to registering.

For more information, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

# Police

From front page

"All the U.S. flags on APG will be displayed at half-staff on May 15, including the installation flag and the Ordnance Schools' flag in both the Edgewood and Aberdeen areas," Krauer said.

There will be no specific ceremonies or activities for National Police week at APG, according to Martin, but several APG officers will be attending the conference in Washington, D.C., May 9 through 15, in which police officers from across the country will take part in the 16th annual candlelight vigil, honor guard competitions, golf tournament, seminars and 'Law Ride,' a motorcycle procession from RFK stadium to the National Law Enforcement Officers Memorial.

For more information, visit <http://policeweek.org>.

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\* APR - Annual Percentage Rate. Refinancing options available. Rates are in effect March 15, 2004 and subject to change. Rates are based on a review of each applicant's credit. Rate highlighted is for line of credit, and variable rate option, and may increase after consumation.

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# Health

## Medical prescriptions: Options for military families

**Holly Selders**  
*Navy Lifelines*

Wouldn't it be nice if people could order a large Coke, medium fries, a burger, and 10 days worth of an antibiotic at the local drive-through? Unfortunately, it doesn't work that way.

There is little that can be done to cut costs at the pharmacy. Luckily for active-duty service members, active-duty family members, retirees, or other eligible participants, TRICARE will help get prescriptions filled at a very reasonable cost, or sometimes free.

**First option: Military treatment facilities**

The first choice, and the best option, is the regional military treatment facility pharmacy, <http://www.tricare.osd.mil/mtf/>. At the MTF, both generic and brand name drugs are cost-free.

MTF pharmacies guarantee to stock all medications that are listed in the Basic Core Formulary, the official must-have list for military facilities.

**Second option: Retail pharmacies**

The quickest option is a retail pharmacy. This is the recommended method to obtain antibiotics and other "I need it today"

medications.

Retail pharmacies are either "network" or "non-network" pharmacies. Make sure to ask whether or not the pharmacy that has been chosen is "in the network or not" prior to submitting a prescription. That way, there will be no surprises.

Some of the big chains are not TRICARE pharmacies. However, many grocery store chains and most of the chain "marts" are in the network.

At a network pharmacy, TRICARE recipients pay \$3 for a generic prescription and \$9 for a brand-name drug with no deductible.

If a non-network pharmacy is used, the cost share is \$9 or 20 percent of the total cost, whichever is higher, and the deductible has to be met first. Prime enrollees have a point-of-service cost share penalty of 50 percent and a deductible (\$300 per person, \$600 per family).

Check the list at Retail Network Pharmacy at <http://www.tricare.osd.mil/pharmacy/retailnetwork.cfm> to find the nearest retail pharmacy. Or call toll-free 1-877-DOD-MEDS (1-877-363-6337) inside the United States, Monday through Friday, 7 a.m. to 11 p.m.; Saturday, 9 a.m. to 8 p.m.; and Sunday, 10 a.m. to 5:30

p.m. California residents should call toll-free 1-800-334-4162.

**Third option: TRICARE mail order pharmacy**

Last, visit the TRICARE Mail Order Pharmacy at <http://www.tricare.osd.mil/pharmacy/tmop.cfm>. This option is best for maintenance-type medications, such as those for high blood pressure, heart conditions, diabetes, cholesterol, and so on.

With TMOP, up to a 90-day supply of medication can be ordered for the same copayment as a 30-day supply at a retail pharmacy, at a savings of 66 percent.

For more information, visit the TRICARE Pharmacy Web site at <http://www.tricare.osd.mil/pharmacy/tmop.cfm>.

Regardless of which choice is made, the original prescription slip will be needed with updated Defense Enrollment Eligibility System information.

Visit DEERS at <http://www.tricare.osd.mil/deers/default.cfm> to update address information. When visiting an MTF or a retail pharmacy, a military identification card also will be needed.

*(Editor's note: For reference, visit <http://www.lifelines.navy.mil/>.)*

## DoD temporarily extends TRICARE eligibility following active duty to 180 days

**TRICARE**

Under the National Defense Authorization Act and the Emergency Supplemental Appropriations Act for fiscal year 2004, TRICARE eligibility for some active duty and Reserve Component members separating from active duty service is temporarily extended under the Department of Defense Transitional Assistance Management Program from 60 or 120 days to 180 days.

The enhanced TRICARE provision, which began Nov. 6, 2003, and ends Dec. 31, 2004, is the first of three temporary programs the TRICARE program is implementing this spring under its "Temporary Reserve Health Benefit Program," to enhance access to care for active and Reserve Component sponsors separating from active military service and their family members. The only change to TAMP is the temporary extension for the eligibility period.

"We are pleased to implement these new benefits for separating service members and their families in order to assist the transition to civilian life," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "TRICARE and contractor staff are working to make this temporary benefit work as smoothly as possible," he said.

Eligible sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System. Former active duty sponsors and family members eligible for the transitional program may enroll in TRICARE Prime in locations where TRICARE Prime is available, or they may use the TRICARE Extra or TRICARE Standard benefits. Under TAMP, active duty sponsors and family members are not eligible for TRICARE Prime Remote.

Former active duty and Reserve Component members who are eligible for transitional benefits may receive dental care at military dental treatment facilities on a space-available basis only. Family members are not eligible for dental care at these facilities. Civilian dental care is not a covered benefit for sponsors or family members under the transitional program. Certain members of the Reserve Component and their family members may, however, receive dental care by enrolling in the TRICARE Dental Program. To determine eligibility and get additional information, contact the TDP administrator, United Concordia

Companies, Inc. at 1-800-866-8499 or at <http://www.ucci.com>.

All claims submitted to TRICARE for sponsors and family members eligible for transitional benefits are processed by the TRICARE claims processor at the TRICARE Standard or TRICARE Extra active duty family member rate. To apply for TRICARE reimbursement, sponsors or family members must submit a TRICARE claim form, a copy of the itemized bill, and an explanation of benefits and receipts (if available) to their regional managed care support contractor for processing.

The sponsor's Service branch determines whether the sponsor and family members are eligible for transitional benefits. Active duty and Reserve Component sponsors who are separating from active duty and need to verify eligibility for transitional TRICARE benefits for themselves and family members are encouraged to contact their nearest Service personnel office for assistance. DEERS eligibility may be verified by contacting the Defense Manpower Data Center Support Office toll free at 1-800-538-9552.

On Jan. 1, 2005, TRICARE eligibility under the transitional program for active and Reserve

Component sponsors who separate from active duty and have fewer than six years of total active federal service and their family members returns to 60 days upon the sponsor's separation. TRICARE eligibility for active and Reserve Component sponsors who separate from active duty and have six years or more of total active federal service and their family members returns to 120 days upon separation of the sponsor.

Sponsors and family members who need help understanding their TRICARE benefits or processing TRICARE claims, may contact their regional TRICARE beneficiary counseling and assistance coordinator for assistance. A list of BCAC names and telephone numbers for assistance is available at <http://www.tricare.osd.mil/bcactdirectory.cfm>.

For more information about TRICARE and the Temporary Reserve Health Benefit Program, see <http://www.tricare.osd.mil/> and the Reserve Component Web site at <http://www.defenselink.mil/ra>. A list of frequently asked questions is available at <http://www.tricare.osd.mil/faqs/> by typing in keywords TAMP or Reserve.

## Understanding heartburn

*Sierra Military Health Services, Inc.*

Gastroesophageal Reflux Disease, or GERD, affects millions of people in the United States. Its main symptoms are heartburn, a burning sensation in the chest and occasionally a bitter taste in the mouth.

Heartburn is caused when juices from the stomach move backward up the esophagus.

Symptoms of heartburn include middle back pain and can sometimes feel like a heart attack. Lying down worsens symptoms because juices are

able to flow from the stomach to the esophagus more easily.

Limiting alcohol, chocolate, caffeine, smoking, carbonated drinks, fatty or spicy foods, onions, mint, citrus fruits and tomatoes can help control heartburn. Also, elevating the head while sleeping helps keep stomach acids away from the esophagus. In addition, avoid lying down after a meal, giving the stomach time to empty.

Heartburn can be easily managed.

Alter diet slightly and follow the simple guidelines

above. If heartburn persists, consult a doctor to see if medication is correct.

Patients with questions should call the 24-hour Health Care Information Line for help. The line is staffed by Registered Nurses who can help determine if the non-emergency or self-care needed is in the proper setting and can provide information on health issues. Call 1-800-308-3518 anytime, day or night to speak to a nurse or to access the Health Information Library (Pin #208).

### KUSAHC protects patient's privacy

**Valerie K. Sommer**  
KUSAHC

Kirk U. S. Army Health Clinic is committed to ensuring the privacy and security of patient health information. "Protected Health Information" is individually identifiable health information including demographics, for example, age, address, e-mail address, and relates to the patient's past, present, or future physical or mental health or condition and related health care services.

KUSAHC is required by The Health Insurance Portability and Accountability Act, implemented in April 2003, to make sure protected health information is kept private, patients are given notice of legal duties and privacy practices related to the use and disclosure of their protected health information, follow the terms of the notice

currently in effect, and communicate any changes in the notice to the patient.

To support this, KUSAHC will ensure that the appropriate steps are taken to properly identify and secure individuals' protected health information as required by the HIPAA.

KUSAHC will provide a copy of the Notice of Privacy Practices and ask for a signature verifying receipt of these privacy practices.

If a patient believes these privacy rights have been violated, they may file a written complaint with the KUSAHC Privacy Officer.

For further information about the complaint process or privacy practices, contact the KUSAHC Privacy Officer, 410-278-1987.

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'03 Honda Civic EX \$13,995	'02 Pontiac Grand Am \$6,995	'00 Honda Prelude 4 cyl S Roof \$11,995
'03 Nissan Sentra GXE \$9,995	'01 Chevy Metro LSI \$3,995	'00 Jeep Wrangler 4.0 Sport \$11,995
'03 Toyota 4 Runner SR5 Loaded \$25,495	'01 Chysler PT Cruiser \$10,995	'99 Ford Escort 5 Speed \$2,550
'03 Toyota Sienna LE \$17,995	'01 Isuzu Rodeo LS \$8,995	'99 Olds Silhouette \$6,995
	'01 Nissan Frontier SC \$13,995	'99 Pontiac Sunfire GT Conv \$5,995

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